UCSF
Newsbreak

News for the UCSF Campus Community VOL. 11, NO. 18 OCTOBER 25, 1996

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Bay Area has low risk for heart disease

By ALICE TRINKL

San Francisco Bay Area cities have significantly lower rates of heart disease compared to other locations in the Golden State.

For the first time, deaths in California caused by heart disease or stroke have been identified by city in a new report from UCSF and the California Department of Health Services.

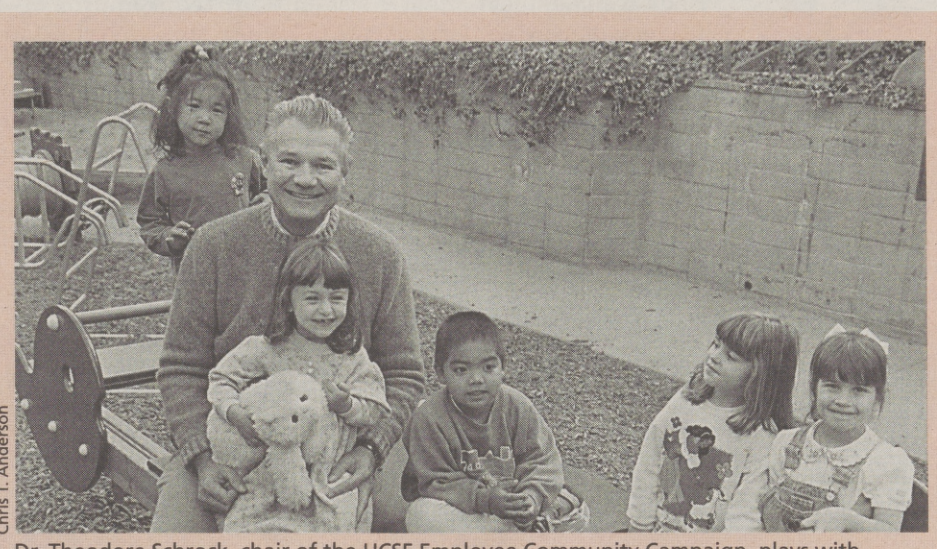
While deaths from cardiovascular disease in California have declined almost 50 percent since 1972, the study found that death rates vary dramatically by city and that the state still has an epidemic problem, with more than 86,000 Californians dying from cardiovascular disease in 1992.

Released Oct. 9 by the Cardiovascular Disease Outreach, Resources and Epidemiology Program (CORE), the report makes no conclusions about the causes of the high or low death rates. The authors focused most of their comments on prevention.

"This is the first study of its kind to examine the impact of heart disease and stroke at the city level," said Jeannie Gazzaniga, director of CORE and co-author of the report. "It gives us the opportunity to identify high-risk areas and to let leaders in these areas know that there is a problem. And there are solutions; heart disease and stroke are largely preventable."

Forty-five cities in California were found to have death rates higher than the statewide rate for these diseases. The majority of cities with a significantly higher death rate from heart disease were found to be in southern California. In the Bay Area, though, Redwood City and Danville were among the five places with the highest death rates for stroke. But those living in South Lake Tahoe are least likely to die from heart disease.

Mortality rates were expressed as numbers of deaths per 100,000 people. The statewide death rate, which is both age and race-adjusted, is 158.99 per 100,000 population for heart disease and 52.78 per 100,000 for stroke. For a copy of the report, please contact the CORE Program at 916/324-1329.



Chris T. Anderson

Dr. Theodore Schrock, chair of the UCSF Employee Community Campaign, plays with children at the Marilyn Reed Lucia Child Care Center at UCSF.

Make an impact in the community

Cooped up in a one-room apartment with the frequent hollering of drunken neighbors, a young mother of two was severely stressed while her husband worked full-time at his minimum wage job. The loud, cramped quarters took a toll on their four-year old daughter, too, who ran wild.

Fortunately, a public health nurse intervened and referred both mother and daughter to the South of Market Child Care Inc. Today, they are getting attention and support services through the center, a beneficiary of the United Way Community Impact Fund.

Beginning Monday, Oct. 28, UCSF staff have an opportunity to intervene during the two-week Employee Community Campaign. "We encourage you to support our local health and human care service agencies by making a contribution," says Chancellor Joseph Martin.

Last year, UCSF raised $140,000. The Mount Zion Violence Prevention Program received $80,000 from the United Way Community Impact Fund.

Staff have the option to give both to the Community Impact Fund and/or any non-profit agency they choose. UCSF employees will get information about the campaign through campus mail. Speakers are available to talk about the campaign at department meetings and/or a video can be shown, says Katherine Riordan, campaign coordinator at Public Affairs. For more information, call her at 476-0729.

Doctors make strong case for primary care

By BRAD FOSS

Denise Rodgers, vice chair of family and community medicine and an attending physician at SFGH, made a strong case for primary care as the most effective way to address the health hazards afflicting America's poor: heart disease, cancer, violence and drugs.

"These problems are far more amenable to prevention than to treatment," said Rodgers, keynote speaker at UCSF's observance of National Primary Care Day on Oct. 9.

The biggest myth, Rodgers said, is that primary care physicians spend all of their time referring rather than treating patients. "When we refer, it doesn't mean we give up," Rodgers said. "I'm not turning the care of my patient over to the specialist, I'm collaborating with the specialist on how to provide the best care for that patient.

"Primary care is a specialty in its own right," Rodgers told the students.

Aaron Roland, a graduate of UCSF who now runs a family practice in Burlingame,

(See **Primary care** on page 2)

Merger gives UCSF-Fresno great opportunity, associate dean says

By JOE ROSATO

The recent merger of the Fresno-based Community Hospitals of Central California with the county-run medical center provides the "greatest medical education opportunity in the history of our program," said Associate Dean H. John Blossom of the UCSF-Fresno Medical Education Program.

"The merger presents our education program with the challenge to design an innovative community-based program at a new facility operated by visionary leaders," he said.

Making the end of Fresno County's 131 years in the public hospital business, the 30-year agreement allows Community to take over the 377-bed Valley Medical Center, renamed University Medical Center (UMC), and related operations Oct. 7. The county will pay Community $17.5 million per year, adjusted for inflation, and Community will take over UMC's role in caring for the indigent and the county's jail inmates. Community will also build new burn and trauma units and provide the same proportion of care to the uninsured as is now provided by UMC and Community combined.

Adriana Padilla, director of Undergraduate Medical Education, said UCSF-Fresno has received many inquiries from UCSF students who are concerned about the merger. "Training will continue as is, she said, and there is a plan to gradually move training from the teaching hospital to Community Hospital over several years.

"The departments where medical students participate in rotations will reconfigure to meet the health care needs of the same patient population in a managed care environment," Padilla said.

To students who are concerned whether the patient population will change, Padilla said, "No. Fresno Community and the teaching hospital are both in central Fresno and both serve a large Medi-Cal population as well as indigent care. However, they also have a large market of managed care and private insurance populations."

According to Padilla, "the patient population after the merger is expected to be the same with the added benefit of multiple payer sources."

UMC has been a major teaching hospital in the Central Valley for more than 80 years. The hospital became formally affiliated with UCSF with the initiation in 1975 of the UCSF-Fresno Medical Education Program.

Since the affiliation in 1975, the medical center has grown to become the site for nearly two-thirds of UCSF-Fresno postdoctoral training. Reports show that 25 percent of the physicians practicing in the San Joaquin Valley completed some portion of their internship or residency training at UMC, including Blossom.

Using drugs to sabotage HIV

By JEFFREY NORRIS

A new generation of AIDS-fighting drugs could be based on fooling the AIDS virus into using a defective version of one of its own genes, according to Charles Craik, professor of pharmaceutical chemistry at UCSF.

The carefully designed gene would act as a "Trojan horse" that clinicians would deliver via gene therapy to sabotage the virus within infected cells, says Craik, who leads a research team that tested the approach on HIV-infected cells growing in the laboratory. The researchers found that the AIDS virus, HIV, uses the faulty protein chain encoded by the gene to make a defective version of a much-needed enzyme called HIV protease.

Because of this sabotage, the enzyme does not perform its task, and the ability of the virus to make new, infectious virus particles is drastically reduced as a result, Craik and his colleagues report in the Proceedings of the National Academy of Sciences.

"It may be possible to fight the spread of HIV within infected individuals by inserting a defective version of a gene encoding this crucial enzyme into vulnerable cells," Craik says. "The virus would then use this blueprint to its own detriment."

HIV protease normally cuts the raw material of HIV into distinct proteins needed to assemble new virus particles. The newest available class of HIV-fighting drugs, the protease inhibitors, are small molecules that obstruct the cutting part of the enzyme and prevent it from cutting out new virus parts.

"These drugs appear to have some efficacy in combination with earlier developed anti-viral therapies," Craik says. "But to further increase the effectiveness

(See **Protease** on page 2)

Researcher finds key to cell division

By JEFFREY NORRIS

For all cells, possibly with the important exception of cancer cells, UCSF researchers say that the ability to divide accurately into two new cells depends on proteins that serve as checkpoint guards that make sure all is in order before permitting cell division to proceed.

If one such protein, called MAD2, is disrupted during cell division, "all hell breaks loose," according to Andrew Murray, professor of physiology at UCSF and a long-time investigator of how cells divide.

Murray, whose latest findings appeared in the Oct. 11 issue of Science, plans to investigate any possible role for the failure of MAD2 or other checkpoint proteins in the generation of extreme genetic abnormalities that characterize deadly cancers.

"Having MAD2 is like having someone remind you to put on your socks before you put on your shoes as you rouse yourself in the morning," Murray says. "As the cell goes through its preparations for cell division, MAD2 helps ensure that the parts are present in their proper places."

After first discovering and describing MAD2 in single-celled brewer's yeast, an organism from which human evolutionary ancestors diverged perhaps a billion years ago, Murray wanted to see if MAD2 was passed down through evolution to more complex organisms. And if

(See **Cell** on page 2)

Honors & Awards

H. Westley Clark, psychiatry: Received award for outstanding instructor from UC Berkeley Extension for the Alcohol and Drug Abuse Certificate program which he has taught for more than 10 years.

John F. Murray, emeritus professor, medicine: Received the President's Award from the European Respiratory Society, the Society's highest honor, in Stockholm, Sept. 7.

Christine Thompson, critical care nursing student: Received the American Association of Critical-Care Nurses Educational Advancement Scholarship for $1,500 to help cover expenses this academic school year.

Anil K. Lalwani, otolaryngology: Received the American Academy of Otolaryngology — Head and Neck Surgery's prestigious Honor Award presented Sept. 29 at opening ceremony of the 100th annual meeting of the academy's foundation.

Stanley B. Prusiner, neurology, biochemistry and biophysics: To receive the Association of American Medical Colleges' Baxter Award for Distinguished Research in the Biomedical Sciences, which carries a $2,500 prize, on Nov. 8. Received: Victor and Clara Soriano Award of the XVIth World Congress of Neurology in Buenos Aires.

Keith Yamamoto, chair, cellular and molecular biology: Invited to serve as chair of the Division of Research Grants Advisory Committee, National Institutes of Health, for term beginning Nov. 10. The committee provides advice concerning the receipt, referral, assignment and scientific review of applications requesting support for biomedical research and training.

Endowed chair goes to Koda-Kimble

Mary Anne Koda-Kimble, chair of UCSF's department of clinical pharmacy, was recently appointed the Thomas J. Long Endowed Chair in Chain Pharmacy Practice.

Dean George Kenyon selected Koda-Kimble for this professorship, funded by a $500,000 grant to the UCSF School of Pharmacy by Longs Drug Stores.

Koda-Kimble

Koda-Kimble's goal is to create a more patient-oriented practice in the community setting, where too often a pharmacist's role is product-oriented.

Chain pharmacies need to view dedication of staff time to patient care as capital investments, she says. As more drugs are available over the counter, "it is important to get the pharmacist out from behind the counter to educate people," Koda-Kimble says. Ultimately, the time a pharmacist spends to assess drug therapy will reduce the costs associated with treating patients who become ill as a result of faulty prescription use, she adds.

She wants to develop experiential courses in the community approach that teach students a "team approach" to treatment. Under this instructional model, the expertise of a variety of health care specialists, including pharmacists, would be used to assure appropriate prescriptions for patients. This will require better communication between pharmacists and doctors for sharing information about patients, Koda-Kimble says.

Phyllis Christopher

AIDS team at SFGH get service award

Paul Volberding, UCSF professor of medicine and director of the AIDS Program at SFGH, and the team of AIDS researchers from SFGH received an honorary award for their service to patients from Project Inform at its annual dinner Sept. 27. More than 100 staff are members of the team. Some of those pictured at the dinner are, from left, Volberding, Mark Jacobson, Steven Deeks, Molly Cooke, Warner Green and David McEwan. Seated, from left, are Karen Staller of the UCSF Development office, James Kahn, Susan Eastman and Donald Abrams.

Primary care (from page 1)

echoed this sentiment when he pulled out a list of patients he recently billed to illustrate the breadth of conditions he treats. Sprained ankle. Skin infection. Diabetes. Child birth. Laceration. A depressed woman who broke up with her boyfriend after 22 years together.

"I saw the boyfriend, too," Roland remarked. "He had a problem with high blood pressure and shortness of breath. Obviously, we talked about other things as well."

Primary physicians told first-year medical students that, although their salaries do not match up to those of doctors who specialize, their careers are equally rewarding.

"In primary care you get to know the person and see them over time," said Diana Hilbert, a general internist at St. Mary's Hospital. "It's nice to feel like you're somebody's doctor."

A former executive director of the Kaiser Permanente Medical Group, internist Bruce Sams said the key players in a managed care system are the primary physicians. "They have the responsibility for directing the health care of the patient," he said.

Roland said his relationship with specialists is symbiotic. They rely on him for referrals, and he relies on them to provide him honest advice as to whether or not the patient needs to be referred.

Pei Pei Mark, a first-year medical student, said she was glad to hear that primary care physicians are getting respect from specialists. "It seems that in the community there is much more open communication and camaraderie between primary care doctors and specialists," Mark said. Unsure as to which path she'll pursue upon graduating, Mark says her decision will likely be influenced by the rotations she experiences in her third and fourth years.

Perhaps one of the more poignant testimonials of primary care came from Doug Henderson, an AIDS patient who has been seen by dozens of specialists, from dermatologists to oncologists, from New York City to San Francisco. "Whenever anything comes up, I call my primary care doctor," he said. "The patient has to do a lot on their own, but it would be a really hard thing to handle alone."

Cell (from page 1)

MAD2 was conserved in more evolved creatures, he wanted to know if it would still be as vital as it is in yeast cells, which are less likely to generate healthy daughter cells without it.

Murray and postdoctoral fellow Rey-Huei Chen now have reported the results of their evolutionary sleuthing — the discovery of a very similar MAD2 protein in a complex vertebrate — the African claw-toed frog.

The choice of this aquatic frog as an experimental subject was anything but arbitrary, Murray explains. The frogs are an unusual bonanza for experimenters in cell biology. The amphibian's eggs can be broken apart and, like a mash of rindless melons, pooled into a jelly-like suspension. Surprisingly, in these extracts cellular events, including the orderly events that typically result in cell division, still proceed in apparently normal fashion.

With this test-tube system, researchers are freed from the difficult constraint of trying to manipulate cells experimentally without breaking cell membranes. And with much larger quantities of material to work with, it is easier to conduct experiments aimed at better understanding how cells divide, Murray points out.

Most importantly, because the key aspects of cell division are common to frogs and humans, gaining a better understanding of frog cell division should translate into better knowledge of human cellular processes, possibly including events related to cancer, Murray says.

Murray's team earlier discovered that interfering with MAD2 in yeast resulted in the misallocation of chromosomes among daughter cells. Without the MAD2 protein to stop them, the cells could divide even when chromosomes had not been properly attached to the cellular ropes and pulleys that guide them into separate, dividing daughter cells. Collectively, this system of ropes and pulleys is called the "mitotic spindle." Yeast daughter cells endowed with an abnormal number of chromosomes quickly died.

Like these yeast cells, cancer cells, especially in advanced tumors, commonly possess an abnormal number of chromosomes, Murray says. But unlike the abnormal yeast cells, cancer cells can take advantage of the rest of the organism they inhabit to take what they need to survive.

However, for cancer to become a full-blooded bodily scourge, it is not enough for tumor cells to possess a few genetic abnormalities, Murray explains. To acquire all the deadly characteristics of cancer, tumor cells undergo abnormal genetic changes at an accelerating rate, like a runaway train.

Protease (from page 1)

of AIDS treatment, trans-dominant inhibitors could also be used in combination with small-molecule HIV protease inhibitors." Alternatively, several HIV enzymes could be targeted simultaneously through combined gene therapy with trans-dominant inhibitors, he says.

The fast-mutating HIV has been generating drug-resistant strains with alarming regularity, but because of the unique design of the trans-dominant inhibitors it is improbable that HIV will be able to mutate and change its shape in a way that would permit the virus to elude the clutches of a drug made using this strategy, according to Craik.

"It's extremely unlikely that HIV would become resistant to the defective gene," Craik says. Craik describes use of the trans-dominant inhibitor as "a case in which one bad apple — the genetically engineered, defective protein — can spoil a whole bunch." The unavailability of working HIV protease that results causes the virus to make a multitude of incomplete progeny that are non-infectious and do not reproduce.

Private Support

UCSF is pleased to acknowledge the following listing of gifts/pledges of $25,000 or more from individuals, corporations and foundations received Sept. 1-30, 1996.

$1,000,000 or more
Ibrahim Hefni

$500,000 - $999,999
Howard Hughes Medical Institute (2)
Estate of Bernie and Frances H. Williams

$100,000 - $499,999
Anonymous
The Commonwealth Fund
Joseph Drown Foundation

$25,000 - $99,999
Mr. and Mrs. Gerson Bakar
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The Henry J. Kaiser Family Foundation
The David and Lucile Packard Foundation
Virginia L. Patterson
Robertson, Stephens & Company
The Southeastern Center for Electrical Engineering Education
Sun Microsystems Foundation Inc.

UCSF nets $55 K in AIDS walk

The 819-member UCSF team that participated in the AIDS Walk recently raised $55,542.

The UC team of walkers, included members from UCOP, UCLA, UC Berkeley, Associated Students and Friends of Les Gundel, brought in a total of $77,374, reports Martha Geraty, AIDS Walk '96 coordinator at UCSF.

Top award winners from UCSF include Joseph McEneany, Dean's Office, School of Nursing; Angela Friday, radiology; Albert Patterson, clinical enterprise system; Jim Lowry, audit and management services; and Karen Akerson, Medical Center Administration.

Contracts & Grants

P. Ellen Grant, fellow: Awarded $30,000 full-time stipend for one year to study the "Use of Surface Coil Technology and Mathematical Analysis to Increase Accuracy and Reduce Cost of Epilepsy Evaluation" from the Radiological Society of North America Research and Education Fund.

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Deadline for the next issue, to cover Nov. 9–22, 1996, will be on **Tuesday, Oct. 29.** Please send news to Lisa Cisneros, 476-3256 or (cisneros@itsa.ucsf.edu), and calendar items to Brad Foss, 476-3163 or (bfoss@itsa.ucsf.edu), both at Box 0462. Fax last-minute copy to 476-3541.

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Editor: Lisa Cisneros

Contributors: Brad Foss, Michele Firpo and the UCSF News Services staff

Copy Editor: Daniel Rowe

Production Assistant: Jane Bennighof

Judith Woodard, assistant vice chancellor, Public Affairs

Carol Fox, Jeff Miller, directors, Public Affairs

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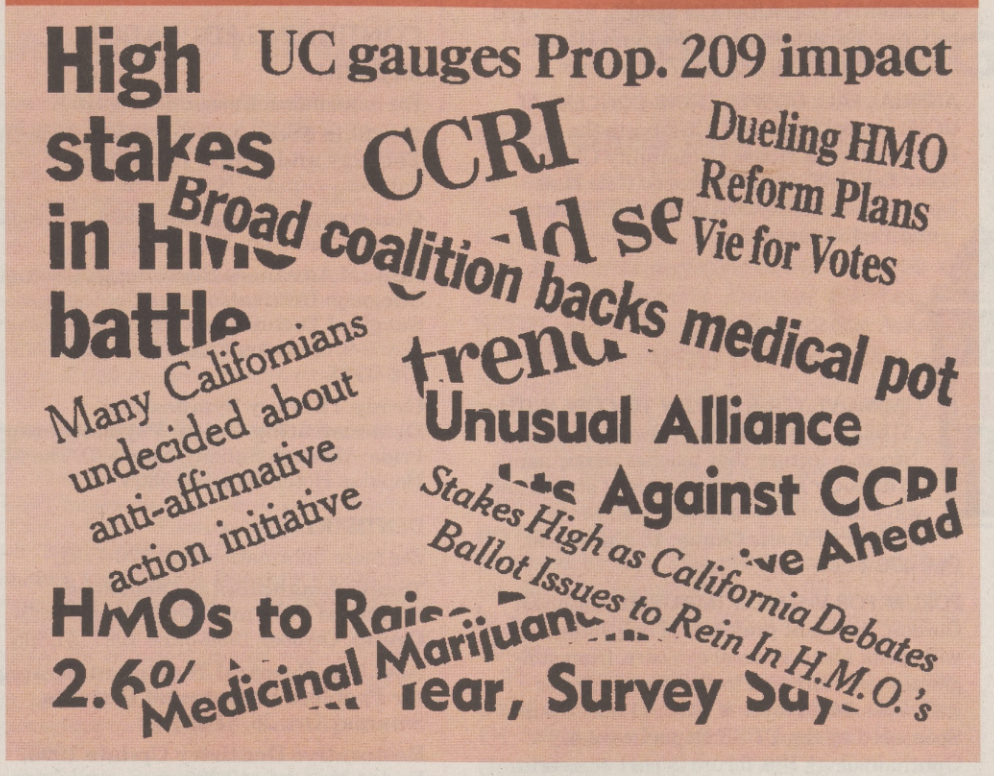
ELECTION 1996


High stakes in HMO battle
UC gauges Prop. 209 impact
CCRI
Dueling HMO Reform Plans Vie for Votes
Broad coalition backs medical pot
Many Californians undecided about anti-affirmative action initiative
Unusual Alliance
Stakes High as California Debates Ballot Issues to Rein In H.M.O.'s
Medicinal Marijuana
2.6%

Prop 209 to shape UC's future on affirmative action

By LISA CISNEROS

If a majority of California voters approve Proposition 209 on Nov. 5, the UC Board of Regents' decision last July to dismantle affirmative action programs for hiring, contracting and admissions becomes state law.

Proposition 209, also known as the California Civil Rights Initiative, prohibits the state, local governments, districts, public universities, colleges and schools from discriminating against or giving preferential treatment to any individual or group in public employment, public education or public contracting on the basis of race, sex, color, ethnicity or national origin.

The measure, however, provides exceptions to the ban on preferential treatment to comply with court orders in force as of Nov. 6 and to comply with federal law or the US Constitution.

Without rehashing the pros and cons of the initiative, supported by UC Regent Ward Connerly and Gov. Pete Wilson, Proposition 209 is very similar to the affirmative action ban they helped impose on the nine-campus system. This action ended the use of such preferences from hiring and contracting in January and the first round of new admissions criteria is targeted to take effect next fall for graduate and professional programs.

But during last year's contentious debate among the UC Regents, a few Regents left open the possibility that they could rally to reverse their decision to end affirmative action programs if the voters defeated Proposition 209.

A victory of the measure, though, would seal the deal and thereby remove the Regents' discretion to repeal or modify the policies, says UC General Counsel James Holst, who issued a report to President Richard Atkinson and UC Chancellors.

Whatever the outcome of the measure, though, Holst wrote, "Litigation challenging the legality of Proposition 209, or a particular interpretation of its meaning is likely. For planning purposes, however, it should be assumed that Proposition 209, if adopted, will take effect on Nov. 6."

And while Holst says he cannot predict at this time how the courts will ultimately rule on the initiative, he recommends that the UC system "suspend all awards of race- and gender-attentive financial aid programs should Proposition 209 pass."

The resolutions passed by UC Regents do not apply to University financial aid policies and practices. The effect of Proposition 209 on financial aid programs may vary depending on whether such programs are funded with discretionary University money, gifts and endowments or by federal programs, which may continue to take race and gender into account.

Holst says existing University outreach programs should continue to be open to all students, regardless of race, ethnicity or gender. And although Proposition 209 may be interpreted to require further action, Holst says, Regents should hold off on taking action until after they get recommendations from the UC Outreach Task Force. That group was created to develop new strategies and new sources of funding to help increase the number of minority and low-income students who are academically qualified and competitive for admission to UC.

Passage of Proposition 209 would have little effect on UC's graduate and professional admissions programs. By Nov. 6, an admissions cycle consistent with Proposition 209 should already be under way in graduate and professional schools, as a result of the UC Regents action in February 1996.

Voter approval of Proposition 209 would affect undergraduate admissions, however, by moving up the timing of compliance by an entire admissions cycle. New UC admissions criteria for these students are scheduled to take effect in spring 1998. If the state ballot initiative passes, the campuses will need to take appropriate action to assure that admissions decisions made after Nov. 5 are consistent with the measure.

Dueling measures take on managed care

By BRAD FOSS

Health Maintenance Organizations (HMOs) and hospitals are the target of two California initiatives that would reform industry practices some have deemed injurious to patients.

Propositions 214 and 216 are attempts to regulate an industry criticized by proponents for placing profits ahead of quality patient care. These initiatives are needed, they contend, because of the failure of state and federal lawmakers to reform health care to adequately protect patients from managed-care abuses.

Opponents of 214 and 216 say the initiatives will do more harm than good, reversing industry successes such as making medical costs and health insurance premiums more affordable.

The measures include several similar provisions. Some are:

- prohibit HMOs from using financial incentives for doctors to deny or delay care;
- ban "gag orders" that prevent doctors and nurses from criticizing their organizations, and the health industry at large
- require HMOs to publish guidelines used to determine whether a patient is granted or denied treatment.

Proposition 216, sponsored by the California Nurses Association, would levy "community health service disinvestment fees" on health care organizations that merge or downsize. The initiative also would impose an additional income tax for high-paid executives who hold significant stock or securites in the business. Money raised by these taxes – probably hundreds of milions of dollars – would finance the measure, a non-profit consumer watchdog agency, and other health services outlined in 216.

Its tax-free counterpart, Proposition 214, sponsored by the Service Employees International Union, would prohibit HMOs from firing health care workers without "just cause," and would enforce "minimum, safe and adequate" staffing levels at various medical facilities.

Legislative analysts say both measures would add millions of dollars to state and local health care costs. Additionally, because Proposition 216's tarriffs would reduce businesses' and individuals' taxable income, the state General Fund revenue would lose millions of dollars, analysts for the legislature say.

Recent polls show that more than half of Californians likely to vote are uninformed about either measure, and that once familiarized with them, more than two-thirds of voters opposed both measures.

Proposition 216 disallows insurers and medical groups from mandating arbitration in malpractice lawsuits. And, "safe and adequate" staffing levels need to be established and ensured, the measure's proponents say. If approved, a two-thirds vote of the state legislature would be required to amend 216.

Proposition 214 is generally considered the less extreme of the two measures. A majority vote of the state legislature would be needed to amend 214.

Janet Maira, spokesperson for Taxpayers Against Higher Health Care Costs, says passage of the propositions would result in "unneccessary staffing" and "unnecessary services.

"We'd be going back to the days when we had skyrocketing costs," Maira says.

A UCSF Institute for Health Policy (IHP) study found that Proposition 214 could yield savings for health providers in part by structuring what one of the study's authors calls an "unpredictable" process. By establishing industry-wide criteria for treatment denials, such as mandating second physical exams, inefficiencies in communications between doctors and insurers can be curtailed, says James Kahn co-author of the IHP report.

"Basically what happens now with a referral (to a specialist) is that if it is initally denied, which is quite common, there can be extended negotiations between the patient's doctor and the health insurance companies. It's not a very efficient way to share information. Doctors I know spend a couple of hours per week on the phone with other doctors and clerks at insurance companies."

The report estimates savings of up to 4 percent. This is at odds with a report by the Barents Group, a Washington-based economic research firm, which found that regulations, such as eliminating financial incentives for physicians and forcing HMOs to increase their work force, would cause consumer medical costs to rise as much as 14.5 percent.

Key provisions of both Props 214 & 216:

- Prohibit HMOs from using financial incentives for doctors and nurses to deny or delay care;
- Ban "gag orders" that prevent doctors and nurses from criticizing their organizations, and the health industry at large, for fear of reprisal;
- Require HMOs to publish guidelines used to determine whether a patient is granted or denied treatment;
- Mandate that patients get a second medical opinion when treatment is denied;
- Prohibit disclosure of medical records without patient consent;
- Require "safe and adequate" staffing levels at all health care facilities.

Doctors' views differ on medical pot

By LISA CISNEROS

Richard J. Cohen, clinical professor of medicine at UCSF, and Reese T. Jones, psychiatry professor at UCSF, differ over the medical use of marijuana outlined in Proposition 215, but both agree more studies are needed to determine how it may benefit patients.

Cohen believes state law should allow doctors to prescribe marijuana for patients who suffer from serious illness. He went as far as to sign the state voter pamphlet — without his UCSF title — in support of Proposition 215.

Jones, who co-wrote a recent commentary in the San Francisco Examiner, says Proposition 215 is a "badly drafted initiative. The intention may be admirable, but this is not the mechanism to handle it."

The measure would amend state law to allow persons to grow or possess marijuana for medical use only when prescribed by a physician. If the initiative passes, marijuana can be used to treat cancer, anorexia, AIDS, chronic pain, spasticity, glaucoma, arthritis, migraine or "any other illness for which marijuana provides relief."

Jones says the initiative is too loosely written. "It does not require doctors to put their prescriptions in writing. It doesn't require an examination of the patient and the doctor does not even have to know the patient."

Cohen concedes the proposition is not perfect, but he is convinced of the therapeutic effects of marijuana. "Over the past two decades, I have managed a great many cases in which the use of marijuana has enabled cancer patients to tolerate the chemotherapy drugs essential for their survival by modifying or eliminating their nausea and vomiting," he says. "This has led to an improvement in the response rates and survival in many cancers."

Jones acknowledges that marijuana has been proven safe and effective in valid clinical trials to control nausea associated with chemotherapy. However, marijuana's usefulness to stimulate the appetite for AIDS patients suffering from wasting syndrome is still unproven, he says. The initiative leaves open the possibility of a well-meaning, but misguided physician prescribing it for any condition, such as stress, boredom or depression he says. In his federally funded studies on the effects of marijuana on the eye, Jones found that there was a small drop in eye pressure. Other government-supported marijuana studies for treatment of glaucoma and other medical conditions were unfruitful, Jones says.

The state legislative analyst says adoption of the measure would probably not have any significant fiscal impact on state and local governments. But Jones believes if the measure passes, costs may soar if law enforcement agencies and the court system get involved with medical marijuana cases. "This proposition is going to make a lot of money for lawyers," he says.

Polls show the majority of Californians support the initiative, yet medical marijuana bills twice passed by the state legislature were vetoed by Gov. Pete Wilson in 1994 and 1995. Opponents, including Wilson, say its passage would make it easier for others to obtain and use marijuana for recreation. Jones agrees.

"Of course there's always the potential for abuse," Cohen counters. "But one would like to believe that responsible medical physicians would not jeopardize their careers or their profession by violating the law."

Cohen would like to see published clinical trials on marijuana, but says it has been very difficult to get funding and government approval of such studies. "This initiative opens the doorway for doing more tests," he says. "Marijuana is not for everybody."

"Drugs are given for compassionate reasons, but there's a formal mechanism for doing that through the FDA," says Jones. "This measure would set a terrible precedent by subverting a government process based on good science that is designed to protect consumers."

Oct. 26–Nov. 8, 1996

26 Saturday

BASIC CARPENTRY: Learn the names and uses of hand and power tools, basic carpentry and safety. N 417. 9 a.m.-4 p.m. Call 476-5222.

COLE HALL CINEMA: Millberry Arts and Performances presents *Courage Under Fire.* Children under 14 pay $2; UCSF students and MU members, $2.50; UCSF staff, seniors and other students, $3; general public, $3.50. Cole Hall. 6:30 p.m. and 9 p.m. (Film subject to change). Call 476-2542 or www.ArtsPerf.ucsf.edu.

28 Monday

ART EXHIBIT BEGINS: Hand colored etchings by Claus Sievert, and prints and reproductions by Margo Bors will be on display at Moffit/Long Gallery, through Dec. 30. All artwork is for sale and benefits patient amenities. To purchase, call 476-4906.

KNEE CARE: *Be Nice to Your Knees* is a workshop taught by UCSF physical therapists aimed at teaching participants how to prevent injury. Millberry Fitness Center. 6-7:30 p.m. Call 476-1115.

29 Tuesday

MEDITATION CLASSES: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences. C 417. 12-1 p.m. Call 563-4459.

BAKE SALE FOR AMNESTY INTERNATIONAL

Fund-raiser for the UCSF chapter, and signing of "urgent action" letters. Second-floor lobby of MCB. 12-1 p.m. Call David at 566-8406.

POETS ON PARNASSUS: Toland Hall, 7 p.m. With Alicia Ostriker. Sponsored by UCSF Arts and Performances. Free. Call 476-2542.

30 Wednesday

BROWN BAG LECTURE: Laurel Dawson, associate clinical professor of medicine and president of Bay Springs Women's Medical Group, presents *Doctor Can We Talk*? N 225. 12-1 p.m. Call 476-4394.

WELLNESS LECTURE: See Page 5

31 Thursday

HALLOWEEN CARNIVALS

See page 6.

1 Friday

OPEN ENROLLMENT BEGINS

LEARN TO AVOID HAZARDS ON CAMPUS

The Departments of Environmental and Health Safety and Infection Control sponsor the inaugural Campus Safety Fair, 10 a.m.-2 p.m. in N 301. Infection hazards, fire and explosion, and biohazardous waste information will be distributed. Call 476-1300.

TIPS FOR EFFECTIVE COMMUNICATION: Evelyn Lee presents *Cross Cultural Communication: Bridging Language Gaps.* Sponsored by the Institute of Healing Arts and Sciences. N 721. 12-1 p.m. Call 330-5353.

CHILDBIRTH PREPARATION SERIES: Sponsored by Great Expectations for Women's Health. 6:30-8:30 p.m. Call 476-6667 to register.

ANNUAL FALL GOSPEL CHOIR CONCERT AT UCSF: Gospel Choir at UCSF hosts the Bayview Opera House Community Choir in *Come Let Us Sing All Ye People.* Cole Hall. 7 p.m. Sponsored by ASUC and UCSF Arts and Performances.

2 Saturday

IMPROVE YOUR ABILITY TO COPE WITH STRESS: Sharon Devos presents *Surviving Stress,* a lecture that teaches participants to discover signs and sources of stress, and ways to promote calm and well-being. Millberry Fitness Center. 10 a.m.-1 p.m. Call 476-1115.

FORUM FOR VISUALLY IMPAIRED: Kathleen Gordon, assistant professor of ophthalmology, will speak about general eye care, from sunglasses and nutrition to preventing dry or itchy eyes. Main foyer of ACC, 11 a.m.-1p.m. Sponsored by the UCSF Department of Ophthalmology, this forum is part of a series held on the first Saturday of each month. Free. Call 626-5313.

4 Monday

NEW EYE SURGERY OPTIONS: Richard Abbot, professor of ophthalmology, presents *Better Vision Now*, a discussion of new surgery options for the correction of nearsightedness and astigmatism — from laser surgery to corneal implants. Beckman Vision Center. 6 p.m. Free. Call 476-5021.

5 Tuesday

NEW EMPLOYEE ORIENTATION: S 214. 8:30-10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

FLU SHOTS: Free to employees who have patient contact. A96K, UCSF/MZ and Employee Health Services, 2186 Geary Blvd. Drop-in 8:30-11:30 a.m. and 1:30-3 p.m.

27TH ANNUAL PAUL M. AGGELER LECTURE: Frederick R. Applebaum, professor of medicine at University of Washington and chief of clinical research and senior vice president of Fred Hutchinson Cancer Research Center, presents *The End of Marrow Transplantation.* Carr Auditorium, SFGH 11:30 a.m.-12:30 p.m. Call 206-8573.

CAREER MANAGEMENT SERIES BEGINS: See Page 6.

UC RETIREMENT SYSTEM MEETING: Features of the UC Retirement Plan and Defined Contribution Plan and how they work. S 214. 12-1 p.m. Sponsored by UCSF Office of Benefits and Financial Planning. Call 476-6387.

OPEN ENROLLMENT MEETING: SFGH, Carr Auditorium. 12-1p.m. Call 476-6387.

6 Wednesday

BROWN BAG LECTURE: Philip Frost, clinical professor of medicine, presents *Heart Attack Risk: How Do We Measure It? What Do We Do About It?* N 225. 12-1 p.m. Call 476-4394.

7 Thursday

ERADICATING FEMALE CIRCUMCISION: Meserak "Mimi" Ramsey, the director and founder of Forward USA, an organization working to stop female genital mutilation, presents *Robbed of Emotions: Surviving Genital Mutilation.* Free. HSW 302. 12-1 p.m. Call 476-5222.

CAMPUS GIFT SHOW: See Page 6.

COLE HALL CINEMA: Millberry Arts & Performances presents Matilda. 5:45 p.m. and 8 p.m. See Oct. 26 listing for ticket costs.

GALA BENEFIT CONCERT FOR UCSF CANCER CENTER

Vocalists Linda Rondstadt and Aaron Neville, and comedian Dennis Miller will entertain at a black-tie event at Davies Symphony Hall to benefit UCSF's Cancer Center. Tickets range from $50 to $1,500. For tickets, call 864-6000 or 510/762-BASS.

CONTINUING EDUCATION

MEDICINE

For more information, call 476-4251.

The Skin From A to Z: Tips on Practical Therapy and Office Techniques. Saturday-Sunday, Nov. 2-3. SF.

Otolaryngology Update 1996. Thursday through Saturday, Nov. 7-9. SF.

Annual Advances Seminar in Urologic Surgery: Innovations in Urologic Surgical Techniques. Friday and Saturday, Nov. 8-9. Sheraton Palace Hotel, SF. Call 476-6343.

Group Therapy Symposium: Demonstrating Group Psychotherapy. Friday through Sunday, Nov. 8-10. The Mark Hopkins Hotel. Call 476-5808.

DENTISTRY

For more information, call 476-1101.

Temporomandibular Disorders, Orofacial Pain and Occlusion Study Group. October 1996-June 1997. $1,895.

New Non-Surgical Treatment Strategies for Problem Periodontal Patients. Saturday, Oct. 26. $149/$99.

Restorative Dentistry Update 1996. Friday, Nov. 8. $149/$99.

Oral Pathology — A Clinical Pathological Board Review Course. Saturday, Nov. 9. $149/$99.

Cosmetic Dentistry: Creating a Beautiful Smile. Saturday, Nov. 16. $149/$99.

Perio Process: A Guide to Clinical Periodontics for the Dental Team. Saturday, Nov. 23. $149/$99.

INFORMATICS CLASSES

The UCSF Library offers the following Informatics Training Seminars. Classes are held in S 165A, Medical Sciences Building (MSB), the ILC. Classroom at 222 Library (LIB) and the San Francisco General Hospital Library (SFGH). Call 476-2337 for a complete schedule.

Introduction to MEDLINE. Monday, Oct. 28, 10 a.m.-noon (MSB)

Introduction to the Internet. Monday, Oct.28, 2-4 p.m. (SFGH)

Medline on the World Wide Web. Tuesday, Oct. 29, 1-3 p.m. (MSB)

Introduction to MEDLINE. Wednesday, Oct. 30, 3-5 p.m. (SFGH)

Using EndNote for Windows. Wednesday, Oct. 30, 6-8 p.m. (Library)

The World Wide Web. Thursday, Oct. 31, 10 a.m.-noon. (SFGH)

Introduction to the Internet. Friday, Nov. 1, 10 a.m.-noon. Monday, Nov. 4, 2-4 p.m. (SFGH)

Writing for the World Wide Web: HTML. Wednesday, Nov. 6, 2-5 p.m. (SFGH)

MELVYL Databases. Wednesday, Nov. 6, 3-5 p.m. (MSB)

The World Wide Web. Thursday, Nov. 7, 10 a.m.-noon. (SFGH)

Health Care Reform Information. Thursday, Nov. 7, 4-6 p.m. (LIB)

Introduction to the Internet. Friday, Nov. 8, 10 a.m.-noon. (SFGH)

COMPUTER TRAINING

Facilities Management offers the following classes for PC users. All classes held at the FM Training Room, 3130 20th Street. Shuttles leave from UCSF/Mount Zion, Parnassus and SFGH. Half-day class is $135, full-day is $215. Call 476-6825.

Windows 1. Friday, Nov. 8. 8:30 a.m.-noon and Wednesday, Nov. 20, 1-4:30 p.m.

Word for Windows I. Thursday Nov. 14 and Tuesday, Nov. 19. 1-4:30 p.m.

Windows 95. Thursday, Oct. 31 from 1 p.m. to 4:30 p.m. Friday, Nov. 1, 8:30 a.m.-noon. Tuesday, Nov. 12 and Thursday, Nov. 14. and Wednesday, Nov. 27, 1-4:30 p.m.

Excel for Windows I. Thursday, Nov. 7 and Tuesday, Nov. 26, 1-4:30 p.m..

Word for Windows II. Tuesdays, Oct. 29 and Nov. 5 and Wednesday, Nov. 20, 8:30 a.m.-noon.

Windows II. Tuesday, Nov. 5, 1-4:30 p.m. and Friday, Nov. 22, 8:30 a.m.-noon.

Access for Windows I. Wednesday, Nov. 6, 9 a.m.-3 p.m.

Word for Windows III. Thursday, Nov. 7, Wednesday, Nov. 13 and Tuesday, Nov. 26, 8:30 a.m.-noon.

Excel for Windows II. Tuesday, Oct. 29 and Wednesday, Nov. 13. 1-4:30 p.m. Thursday, Nov. 28, 8:30 a.m.-noon.

Excel for Windows III. Wednesday, Oct. 30. 1-4:30 p.m. Friday, Nov. 15, 8:30 a.m.-noon.

Word for Windows IV. Wednesday, Oct. 30, Tuesday, Nov. 12 and Wednesday, Nov. 27, 8:30 a.m.-noon.

Excel for Windows IV. Thursday, Oct. 31. 8:30 a.m.-noon. Tuesday, Nov. 19 and Thursday, Nov. 28, 1-4:30 p.m.

Access for Windows II. Thursday Nov. 21, 9 a.m.-3p.m.

DEVELOPMENT & TRAINING

Supervisor's Guide to Performance Evaluation. Thursday, Oct. 31. 8:30 a.m.-4:30 p.m. $40.

Presentation Skills. Fridays, Nov. 1 and 8. 8:30 a.m.-4 p.m. $90.

Survival Skills for the Administrative Assistant. Tuesdays, Nov. 5, 12, 19, 26. 8:30 a.m.-noon. $70.

Productive Communication for Managers and Supervisors. Thursday, Nov. 7 and Wednesday, Nov. 13. 9 a.m.-noon. $80.

Supervising in the Workplace: Administering Consistent and Appropriate Discipline. Thursday, Nov. 14. 8:30 a.m-noon. $40.

Payroll Workshop. Thursday, Nov. 14. 12:30 p.m.-4:30 p.m. $40.

Material Management Workshop. Friday, Nov. 15. 8:30 a.m.-12:30 p.m. $40.

Solving Real Communication Problems. Wednesday and Friday, Nov. 20 and 22. 9 a.m.-noon. $70.

UCSF Budget Basics. Thursday, Nov. 21. 8:30 a.m.-noon. $40.

For more information, call 476-4032.

CRIME PREVENTION

Presented by UCSF Police Department Crime Prevention Program. Call 476-5683 for reservations.

Crime Prevention Presentations. By appointment to campus departments and employees in the workplace.

RAPE PREVENTION

Classes, workshops and support groups sponsored by UCSF Rape Prevention Program. Call 476-5222.

Personal Safety, Rape and Assault Prevention Presentations. By appointment to campus departments and employees in the workplace.

AIDS/HIV SUPPORT

Anonymous and confidential caring, support and training for people with AIDS, those who have tested HIV-positive and others affected by the epidemic. Sponsored by UCSF AIDS Health Project, unless otherwise noted. Call 476-6430 for administrative office. Call client services at 476-3902 to schedule required intake interviews for groups (except drop-in group).*

Individual Risk Assessment and Referrals. By appointment.

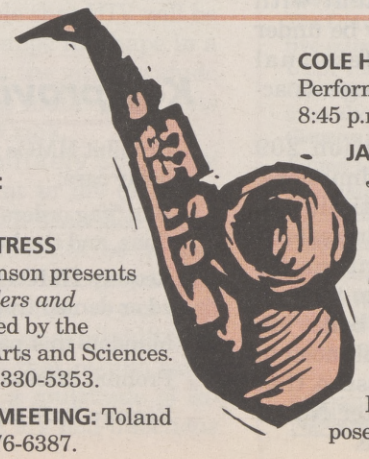
Facilitated Ongoing Groups. For persons with HIV/AIDS and for caregivers, including a group for women caregivers.

Facilitated Time-Limited Groups. For HIV- gay and bisexual men, for HIV+ asymptomatic persons and for HIV+ heterosexual African-American men.

Monday Night Drop-in Group for HIV+/PWA. Call 476-3902 for location.

Drop-in Support Group for Women Living with HIV/AIDS: Meets every Monday. Free child care and beverages provided. Sponsored by Woman and Children's Specialty Program. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.

8 Friday



CAMPUS GIFT SHOW: See Page 6.

BIOFEEDBACK FOR STRESS LECTURE: Robert Azenson presents *Stress-Related Disorders and Biofeedback.* Sponsored by the Institute of Healing Arts and Sciences. N 721. 12-1 p.m. Call 330-5353.

OPEN ENROLLMENT MEETING: Toland Hall. 12-1p.m. Call 476-6387.

COLE HALL CINEMA: Millberry Arts & Performances presents *Matilda.* 6:30 p.m. and 8:45 p.m. See Oct. 26 listing for ticket costs.

JAZZ AND POETRY: Features the Doctor's Jazz Ensemble and readings by Tomas Centolella, Nellie Wong, office of affirmative action, and Huong Huynh, Med IV. Palio's Restaurant, 500 Parnassus. 7 p.m. Sponsored by Arts $ Performances. Free. Call 476-2542.

UC BOARD OF REGENTS SPECIAL MEETING: Laurel Heights Campus. Report on the financial viability of proposed merger with Stanford.

What's Happening

Regular meetings and ongoing support groups

Sunday

Healing Garden Working Days: Second and fourth Sundays. 2-4 p.m. UCSF/Mount Zion Cancer Center Healing Garden, 2356 Sutter. Call 885-3693.*

Monday

Art for Recovery: Monday and Thursday afternoons. Cancer Center, Infusion Center, second floor. Call Cindy Perlis at 885-7221.

Drop-in Support Group for Women Living with HIV/AIDS: Free lunch and beverages provided. A 45. 11 a.m.-12:30 p.m. Call 476-2417 or 476-9289.

Health Professionals in Recovery: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets twice a month. Noon. Call 476-8279.

Friends of Lois Al-Anon Meeting: Closed meeting: for friends & families of alcoholics only. Room 521, MCB. Noon. Call 626-5633.

Breast Cancer Support Group: J 223, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6-7:30 p.m.Pre-registration required. Call Debra Marks 750-3155.

Colorectal Cancer Support: Second and fourth Mondays. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:45-8:15 p.m. Call 885-7585.*

Melanoma Support Groups: Meets first and third Mondays for patients and family members. Room 114, UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30-8:30 p.m. 885-7585*

AIDS Health Project Meditation & Self-Hypnosis Workshop: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Room, Davies Medical Center 7-9 p.m. Call 476-3902.*

Tuesday

SFGH Circle of Sisters: Monthly networking forum for black women working and studying at UCSF/SFGH. Call 206-8314.

UCSF Staff Council Meeting: Third Tuesdays. 11 a.m.-1 p.m. S 609. Call 476-9977.

MHONA: For victims of trauma with cross disabilities. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Helpline at 759-7923 provided daily, 7 a.m.-10 p.m.*

Exercise & Physiology Class for Cancer Patients & Survivors: Mount Zion Cardiac Care Gymnasium. 12:30-1:30 p.m. Pre-registration required. Call 885-3693.*

Institute of Healing Meditation Class: Every second, third and fourth Tuesday. 12-1 p.m.C 417. Call 563-4459.

Institute of Healing Arts and Sciences Meditation Class: Tuesdays. Noon-1 p.m. Call 563-4459 for location.*

Campus Amnesty International Meeting: First Tuesdays. MU 111W. Noon-1 p.m. Call 566-8406.*

Gospel Choir Rehearsal at UCSF: Weekly at MCB. Noon. Call 502-0106.*

Parkinson's Disease Education & Support Group: For people with Parkinson's & their caregivers. Third Tuesdays. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

Parnassus Players: UCSF's theater group meets first Tuesday at Millberry Union Conference Center. Times vary. Call 921-3231.*

Nurses' Pain Association Meeting: Second Tuesdays. C 254. 5:30-7:30 p.m.*

Women's Psychotherapy Group: Langley Porter. 6:00-7:30 p.m. For eligibility requirements and registration call Elaine 931-1958.

Brain Tumor Support Group: First Tuesdays. C 130. 7:30-9 p.m. Call 284-0208.*

Wednesday

Gay, Lesbian, Bisexual Association at UCSF Meeting: Second Wednesdays. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

Support Group for Family/Friends of Those with Mental Illness: For those interested in psychiatric disorders and treatments. Call Laura Deering-Mayclin at 476-7394.*

Elder Care Support Group: Wednesdays, Through Nov. 6. C 258. Noon-1 p.m. Call 476-2692 to register.*

Latin American Campus Association Meeting: Second Wednesdays. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

Latin Women Coalition: For Latina faculty, staff and students. Noon-1 p.m. Call 476-7117.*

Parnasus Al-Anon Meeting: For friends and families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

Tai Chi Classes: Staff welcome. UCSF/Mount Zion Cancer Center. Healing Garden, 2356 Sutter. 12-1p.m. 885-3693.*

Alcoholics Anonymous Meeting: Closed meeting: Conference Room 3, first floor, MCB. 12:05 p.m. Call 621-1326.

MHONA: For victims of trauma with cross disabilties. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Helpline also provided daily, 7 a.m.-10 p.m. at 759-7923.*

Trauma/Injury Support Group: First and third Wednesdays. SFGH Library, Bldg. 30, room 3101. 2:30-4 p.m. Call Laurie Barkin at 206-8402 or Dr. Yigal Ben-Haim at 753-1000.

Incest Survivor Support Group for Women : Must attend for one year. 5:30- 7 p.m. For screening, call 476-7526 or 476-7085.

San Francisco City Chorus Rehearsal: 7 p.m. Call 765-SONG.

Eating Disorders Support Group: Open to anyone dealing with an eating disorder in themselves or others. Meets first and third Tuesdays. M 688. 7-8:30 p.m. Call 332-3425.*

Co-Dependents Anonymous Meeting: 12-step program for people with dysfunctional relationships. A119, LPPI. 8-9:30 p.m. Call 432-3529.*

Thursday

AWAKE Meeting: Alert, Well And Keeping Energetic is a support and education group for people with sleep apnea and their families. Third Thursdays. Bring CPAP equipment for check-up. Call 885-7886.*

Dance Therapy Class for Cancer Patients and Survivors. Release tension, regain confidence and explore personal meanings of illness. 10:30 a.m.-Noon. UCSF/Mount Zion Cardiac Care Center. Pre-registration is required. Call 885-3693.

Gospel Choir Rehearsal at UCSF: Weekly rehearsals at Parnassus. Noon. Call 502-0106.*

Head & Neck Cancer Surgery Support Groups: Separate groups for patients and families meet on second and fourth Thursdays. J 221, UCSF/Mount Zion Cancer Center, 2356 Sutter. 1-2 p.m. Call first 885-7623.*

Association of Clinical Research Nurses Meeting: Meets every other month, alternating between UCSF and Stanford. 5:45-7:30 p.m. Call 476-0683.*

Support Group for Women Living with Life-Altering Illness: Alternate Thursdays. 6-8 p.m. Call 775-2854 to pre-register.*

Friday

Circle of Sisters: Networking forum for black women working and studying at UCSF. Second and third Fridays. Noon-1 p.m. Call 502-5666.

Weight Watchers Meeting: S 159. Noon-12:45 p.m. Call 476-6148 or 476-6241.*

Alcoholics Anonymous Meeting: Closed meeting: C 417. 12:10-1 p.m. Call 621-1326.*

Lakeside Senior Medical Center Caregiver Support Group: First Fridays. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.

For information on 12-step and support groups call the Bay Area Self-Help Center at 772-4357 or the Mental Health Association of San Francisco at 882-6230.*

*OPEN TO THE PUBLIC

Newsbreak deadline

Tuesday, Oct. 29 is the deadline for items to be listed in the next calendar, which covers Nov. 9-22, 1996 (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Send information for calendar items to Brad Foss at (bfoss@itsa.ucsf.edu), mail it to Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3163. To submit an article for Newsbreak/ Medsounds send email to Lisa Cisneros at (cisnero@itsa.ucsf.edu), or fax her at 476-3541.

Breast cancer screenings

Women can have low-cost mammograms – X-rays to screen for breast cancer – from a mobile van that travels to convenient locations in the Bay Area.Women need the approval of their physician, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. Call 476-2193 between 9 a.m. and 3 p.m. to make an appointment.* Listed below are dates when the van will be at UCSF locations. Call 476-2193 for a full schedule.

- Friday, Nov. 1: UCSF/Parnassus at Medical Center Way.
- Monday, Nov. 18-Thursday, Nov. 21: UCSF/Laurel Hgts. at 3333 California St.
- Friday, Nov. 22: UCSF/Parnassus at Medical Center Way.

UPCOMING EVENTS

Child abuse prevention

As one of six UC Distinguished Wellness Lecturers for 1996, Francisco Ramos-Gomez, assistant professor of dentistry and director of pediatric dental services at the UCSF Family Dental Center at SFGH, will talk about "Knowledge Among Dental Professionals of Child Abuse and Neglect Recognition and Prevention," on Wednesday, Oct. 30 at 4:30 p.m. in N 225.

Ramos-Gomez recently conducted a survey that found surprisingly few California dentists were aware of child abuse or reported suspected abuse to authorities, as required by law. The study concluded that all dental practitioners should be trained in recognizing the signs and symptoms of abuse.

The lecture series is sponsored by the California Wellness Foundation and the UC Wellness Lectures Program. Ramos-Gomez was the only UCSF faculty member, and the first dental school faculty member, selected for the program. For more information, call 987-7320.

Problems with drugs

Sidney M. Wolfe, director of the Public Citizen Health Research Group since 1971, presents "Serious Problems with Pharmaceuticals" on Thursday, Oct. 31 at 4 p.m. in N 517.

Wolfe's research group has been instrumental in banning a variety of drugs that were found to be harmful, such as forcing companies to place warnings on aspirin bottles to protect children and teenagers from developing Reye's Syndrome, and placing warning labels on smokeless tobacco products. This special seminar is sponsored by the School of Pharmacy. For more information, call 476-2010.

Orientation program for new academic appointees

Advanced graduate students, postdoctoral fellows, and other interested academic appointees are invited to attend an information program intended to acquaint new and junior faculty with UCSF and some of the resources it offers on Monday, Nov. 11, from 3 to 5 p.m. in N 729. The Academic Senate, research administration, and the faculty review process will be explained. Speakers include Chancellor Joseph B. Martin; Svein Øie, vice chair, academic senate; Linda Mitteness, chair emeritus of the senate committee on research; Richard Lucier, university librarian; and Dorothy Bainton, vice chancellor for academic affairs. Those who plan to attend should notify Academic Affairs no later than Monday, Nov. 4, at 476-1881.

Holistic health workshop

Karuna Kress, director of London's Osho Center for Consciousness in Organizations, presents "From Medication to Meditation," a holistic approach to health on Tuesday, Nov. 12, from 6:30 to 8:30 p.m. in N 729.

The workshop, sponsored by the Institute of Healing Arts and Sciences, explores a variety of methods to alleviate tension and stress and explains how individuals develop disease through unexpressed feelings and lack of self-awareness. The event is $7 for the general public and is free to students and senior citizens. Participants should wear loose fitting clothes if possible. For more information, call 461-4717.

Wine tasting benefits Family House

The Mendocino Winegrowers Alliance hosts its annual wine tasting benefit, "Wine and Unwind," for Family House at Fort Mason Center on Friday, Nov. 15, from 6 to 9 p.m.

Founded in 1981 through the efforts of parents of children with cancer, doctors, nurses and volunteers, Family House offers a home-like setting for families and extended families while their children receive cancer treatment at UCSF Medical Center. Former San Francisco 49er Keena Turner will be one of the celebrity pourers. The event is $35 per person. To register or for more information, call Cliff Berg at 476-8321.

Campus 'Smokeout'

Continuing its effort to get people to quit smoking, the American Cancer Society is staging the 18th annual "Great American Smokeout" on Thursday, Nov. 21. UCSF students will "give the word" to visitors to the campus from 11 a.m. to 1 p.m. at the main lobbies of the Parnassus Heights campus. Respiratory Therapy will provide pulmonary function tests in the Medical Sciences lobby during this time. For more information call, the American Cancer Society at 394-7100.

Gladstone Lecture

Gunter Blobel will present "Protein Traffic Into and Out of the Nucleus" as the Gladstone Distinguished Lecturer in Cell Biology at SFGH, on Thursday, Nov. 21 at 4 p.m. Blobel is an investigator at the Howard Hughes Medical Institute, and John D. Rockefeller Jr. Professor, and head of the laboratory of cell biology at Rockefeller University. His lecture will focus on recent aspects of his work on the translocation of proteins across membranes.

UCSF Orchestra to perform two fall concerts

UCSF Arts and Performances presents the UCSF Orchestra, under the direction of Jeremy Swerling, in its 9th Annual Fall Concert on Tuesday, Nov. 12 at 7:30 p.m. at Millberry Gym. A second performance will be held Saturday, Nov. 16 at 8 p.m. at St. Gregory's Church, 500 De Haro St. Admission is $3 for UCSF staff and Millberry Union members and $5 for the general public. Students can attend for free.

The orchestra's repertoire includes S. Dole's "Three San Francisco Waltzes." The orchestra draws from the talents of musicians and composers from the faculty, staff and students of UCSF and the Bay Area community. Maestro Swerling has served as both Music director for the Danville Symphony Orchestra and resident conductor for the Sacramento Symphony. For more information call, 476-6761.

Steve Savage

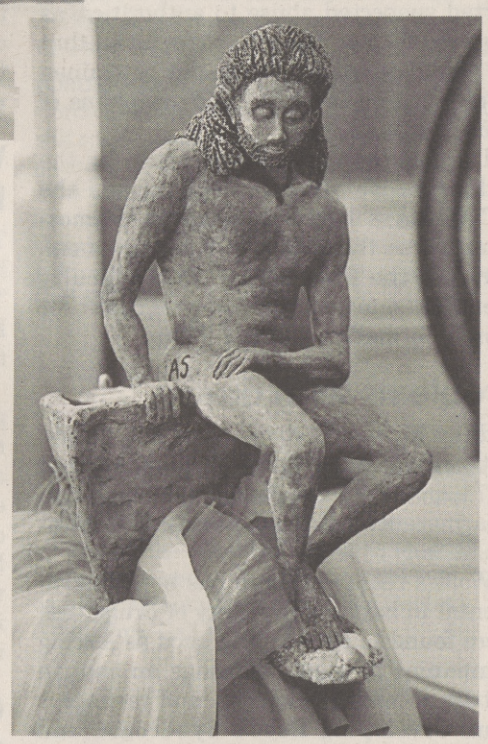
The UCSF Orchestra in action

FUN ZONE

Photos by Lisa Cisneros

Showcasing sculpture

Featured artworks in the 8th annual UCSF art show included an untitled sculpture made from ceramic and found materials by Benjamin J. Hirschkoff, radiology at MSI Lab; and, below, a clay and sandcloth statuette, named "Larry," by Anne Spiegel of the School of Dentistry. UCSF retiree Victoria Chiofalo won the People's Choice Award for her watercolor, "Pas Des Deux." Chiofalo was rewarded with a cruise on a Hornblower Dining Yacht.



Halloween happenings

With financial support from PacifiCare and Kaiser Permanente, EMPACT! and Millberry Programs & Services present 11th annual Halloween carnivals at seven different UCSF sites this year.

Staff and students are encouraged to show their spirit at Halloween happenings at the following locations:

- At Executive Park, staff will celebrate with a pizza party and have a contest to carve pumpkins that look like their bosses from noon to 1 p.m.
- Laurel Heights employees will dine on a catered lunch (if they buy tickets) while prizes are awarded for best pumpkin designs and best costumes from 11:30 a.m. to 1 p.m.
- Halloween for MCB/20th & Harrison will feature a karaoke contest, dancing the macarena as well as contests for top costumes and pumpkins from noon to 1 p.m. in the courtyard.
- Mount Zion employees who contact Ken Smigelski at 885-7287 can pick up free pumpkins from Nosherie Cafeteria for the carving contest that will award money to winners. For more details on this event, to be held from noon to 1 p.m. in the cafeteria, call Tonie at 885-3864.
- Staff at Oyster Point will enjoy a catered barbecue lunch ($7 per person) and will also participate in costume, pumpkin-carving and basketball competitions. Call Gaynelle at 502-3006 to sign up for lunch.
- People on the Parnassus campus will play games and carve pumpkins and don costumes for prizes in Millberry Gym from 11:30 a.m. to 1 p.m. Call EMPACT! at 476-2675 for more information on this event.
- Staff that go to SFGH's cafeteria between 11:30 a.m. and 1 p.m. will hold pumpkin-carving and costume contests to the music of Ginga Brazil, a popular band hosted by EMPACT! and CHEARS.

Nominations due Oct. 31 for MLK awards

Any member of the UCSF campus community may nominate someone for the Dr. Martin Luther King Jr. Award. Nominations should be returned to the Affirmative Action/Equal Opportunity Office, Box 0988, 145 Irving St., by 5 p.m. on Thursday, Oct. 31.

The three awards, one each to a faculty/academic member, a staff member and a student, will be given during MLK Week in January. The award recognizes extraordinary leadership in the development and implementation of programs/activities which have promoted and advanced mutual respect, understanding and appreciation for the cultural and ethnic diversity within the UCSF campus community.

Greater consideration will be given to those employees who work above and beyond their normal job duties. For more information or for nomination forms, call the Affirmative Action/Equal Opportunity Office at 476-4752. Nomination forms are also available at the Office of the Chancellor, S 126, and at the Moffitt Hospital Information Desk.

Campus gift shows

EMPACT!'s fall gift show is slated for Thursday, Nov. 7, from 8 a.m. to 4 p.m., at the Millberry Conference Center. Imported goods and non-handmade items will be featured at this fair.

Handmade crafts will be showcased and for sale at the 7th Annual Holiday Crafts Fair on Thursday, Dec. 5, from 8 a.m. to 4 p.m. in the Millberry Gym.

ABOG offers career series

A Career Management Series is being sponsored by the Academic Business Officers Group beginning Tuesday, Nov. 5. ABOG has enlisted the services of Alumnae Resources, a unique career development organization that enables women and men to begin, advance, or change their careers.

The five-part series covers: taking charge of your career; developing a personal/mentor network; informational interviewing; preparing a resume; and interviewing for and landing a job. The series is free to ABOG members, and is geared for administrative staff and managers at the AAIII level and above. The series begins Tuesday, Nov. 5, at noon to 1:30 p.m. in HSW 303. Preregistration is not required. For more information, contact Janice Zeppa (zeppa@library.ucsf.edu) or 476-3394.

Campaign gives tips to conserve energy

By JOE ROSATO

The growth in energy use at UCSF and across the country has been steady over the last 15 years as personal computers, printers, copiers and facsimile machines tap electric power.

To help run those and other costly equipment, UCSF each year buys more than 90 million kilowatts of electricity from Pacific Gas and Electric at a cost of more than $7 million. And unless conservation measures are instituted, those figures are certain to rise.

Trends for California anticipate office equipment electricity use will grow from 5.8 percent of the commercial sector total of 1989 to 10.9 percent in 2011, according to the Palo Alto-based Electric Power Research Institute.

The institute noted that turning off an idle PC saves energy and will not harm the hard drive unless it's done at a frequency of about every five minutes or less.

According to one estimate, US businesses waste some $4 billion worth of electricity each year by leaving unneeded lights and office equipment on during days, nights and weekends.

"It's important that everyone has a role in ensuring that energy is used efficiently in the workplace," said Dave Bohler, manager of the UCSF Facilities Management Department. The UC Office of the President has ordered the UC system to pay its utility bills with funds that have already been allocated. But President Richard Atkinson said the University could keep any funds it saved through a conservation program, such as the one that has been started at UCSF.

Campaign organizers will announce the winner of the name character contest at the Halloween Carnival on Parnassus. See Fun Zone for details.

With conservation as a goal at UCSF, in addition to turning off unneeded lights, the following energy-efficient user options are recommended by the Electric Power Research Institute:

- Turn off computer monitors while you are away. Turning off monitors during the day when they are unused for extended periods of time, even if networking prohibits shutting down the PC itself, could save 30 to 60 percent of total computer energy consumption.
- Turn off printers while preparing materials, attending meetings, at lunch time and at the end of the day. Idle printers, especially lasers, draw significant amounts of power.
- Edit on the screen, rather than printing hard copy, to save printing and paper energy.
- Wherever possible, network to share printing equipment, thus reducing idle time.
- Use an impact or ink jet printer for drafts or interoffice documents and a laser printer for presentation materials, turning the laser printer off between uses (this assumes an ink jet printer is not available). Ink jet printers use 5 percent of the energy required by lasers when printing because they rapid-spray ink onto paper rather than heat-fuse a toner mixture.
- Send e-mail or transfer data files by modem when delivery of hard copy is not essential.
- Print completed documents in batches to reduce total "on" time and eliminate idle time.
- Print rather than copy when multiple copies of a document are required and the printer operates at a lower wattage than the copier (unless you can do double-sided copying).
- Avoid routinely copying faxes, a habit in some offices because of complaints that the coated paper is sometimes difficult to write on; use a ball-point pen or a

SAVE ENERGY WATER IT'S THE RIGHT THING TO DO!

WEB SIGHTS

Trimble launches "Emergency Nursing World"

Though following in the footsteps of his wife and kids into the world of electronic publishing, Tom Trimble, inpatient emergency nurse, is a trailblazer in the emergency nursing community.

Over the summer he launched "Emergency Nursing World" (http://www.hooked.net/~ttrimble/enw/index.html), a Web page for practicing nurses with a split personality: part medical encyclopedia, part farmer's almanac.

"What we needed was a common place to meet and talk," Trimble says, adding that he is trying to ensure access to relevant medical advice in an emergency situation.

"The immediacy and accessibility of the World Wide Web and Internet communications let us do this globally and without the delay and formality of journals in the print world."

The information available on Emergency Nursing World is a hodge-podge of insider's tips, condensed explanations of emergency procedures and nursing history, including an excerpt from a 1926 Red Cross first aid handbook, which recommended treating a rattlesnake bite by cauterizing the wound with fuming nitric acid.

The section titled "Using Anesthesia Bags" highlights the versatility of a common emergency room apparatus, while "IV Starts — Improving Your Odds!" offers 57 suggestions to nurses when administering an IV, from choosing the right needle size to locating veins in infants.

In the "Tips and Tricks" section, Trimble suggests using an ordinary tea bag to stop persistent bleeding from a dental socket, when traditional gauze pads fail. "The astringent action of the tea helps with hemostasis," he says.

Trimble presents these tips simply because, he says, they are intended to be used to complement more thorough textbook explanations of procedures.

A lengthy nursing humor section is also included, which begins with Trimble's "Top Ten Reasons Why I Want Star Trek Medical Beds in My Unit." His fourth reason: The patient will get up cured at the end of 46 minutes, unless killed off in the first five minutes of the show to entice you into watching the remainder of the program.

Emergency Nursing World is a good starting point for other nursing publications on the Web. Trimble has catalogued hundreds of other sites alphabetically, by subject.

Call for proposals: Pacific Rim research

The UC Pacific Rim Research Program is calling for proposals for grants to support collaborative research by UC faculty and their colleagues in other institutions. Grant funding totals about $800,000 during the 1997-98 year.

The program will also accept proposals from graduate students, who must obtain faculty members to serve as their principal investigator of record.

The program places priority on research that is new, specific to the region, and collaborative — reaching across national boundaries and bridging academic institutions. Awards are made in three categories: research projects, workshop and planning grants and campus-based program development.

Prior campus review is required for proposals in all three categories. Deadlines vary for proposals. For guidelines and more information, contact UCSF Academic Services, Box 0400, at 476-5742.

Lab needs blood

UCSF's Immunogenetics and Transplantation Laboratory located at Davies Medical Center is seeking participants to donate three tubes, 10 milliliters, of blood to be used for tissue typing. Individuals will be reimbursed $10 for each blood draw. Please call 476-3886 to schedule a blood draw.

Medsounds

Wesley Wong

Photographed by Wong are Jay Tibbitts, a graduate student in pharmaceutical chemistry, with his wife, Suzanne, and dog, Cameron

Pause for a picture to benefit patients

Back by popular demand, the Hospitals Auxiliary at UCSF is offering the campus community a chance to have a special photo session with local photographer Wesley Wong.

Now through the end of January 1997, half-hour photo sessions with Wong will cost $150, a price that includes two 8x10 black-and-white custom prints, 35 4x6 photos and ownership of the negatives. Family, friends and pets can be photographed together, just in time for the holidays. Groups larger than two may require additional rolls of film, which cost $25 per roll.

Those interested in this photo opportunity are invited to meet the photographer on Wednesday, Oct. 30, from 11 a.m. to 1:30 p.m., in the Medical Sciences lobby. Refreshments will be provided and Wong's images will be on display.

A native of San Francisco, Wong received a bachelor's degree in design from UC Berkeley and worked as a photo journalist before becoming a freelance artist.

Photo sessions, to be held in the Ambulatory Care Center, room A 244, may be scheduled weekends between 9 a.m. and 1 p.m. and 2 to 8 p.m. Weekday photo shoots also can be arranged.

This fundraiser benefits the Auxiliary, which provides patients with amenities such as rocking chairs for nursing mothers and other "extras" to make their stay at the Medical Center more pleasurable. To schedule a photo session, call the Auxiliary at 476-4906.

Med Center expands employee recognition

The Medical Center recently launched a new comprehensive program for employee recognition, which includes the "THANKS" stories that spotlight special efforts of staff in Medsounds.

"Our employees are key to our success and to providing high quality patient care," says Bruce Schroffel, associate director. "In a fast-paced environment such as ours, we often just expect our staff to provide excellent service to patients and families and don't take the time to recognize individuals who truly make our institution great."

Schroffel recently established a recognition committee consisting of representatives of all areas of the Medical Center and EMPACT! The committee organized the Waterworld event held on Sept. 28. Plans are already in the works for a second event at Waterworld next fall.

The heart of the employee recognition program is the new THANKS recognition cards that are being introduced this month throughout the Medical Center. Pictured in the THANKS story on page 8, the logo stands for "To honor, acknowledge and note kindness and service," which embodies UCSF's philosophy and mission, "Healing grounded in learning and supported by acts of personal kindness." In these challenging times, it is even more important to acknowledge and reward those who demonstrate superior performance, have a positive attitude, make a unique contribution or affect someone's life in a meaningful way, he says.

During the week of Nov. 18, associate and assistant directors will be making rounds in all areas of the Medical Center to distribute the new THANKS forms and holders. As special recognition during this week, employees will be featured on posters around the Medical Centers, Laurel Heights, Oyster Point and Mission Center Building. These posters will feature employee photos and a brief description of the reason for their recognition.

On an ongoing basis, Medsounds highlights Medical Center staff members who set an example of excellence in customer service. Recognition will be for individuals as well as teams.

A main goal of the Medical Center's employee recognition program is to make it easy for employees or managers to recognize and reward service excellence, establishing clear criteria for selection, and by offering a variety of awards that can be easily obtained. The "Bear Hugs" program makes it simple to find an award that best suits the individual being recognized as it lists all awards that can be charged to department accounts. Managers, however, are not limited to recognizing employees with only awards on the Bear Hugs list. They can purchase items that meet the criteria at other locations, including the Moffitt Hospital Beartique store and use their creativity in selecting appropriate tokens of appreciation.

In addition to these specific highlights recognizing service excellence, the Medical Center and the campus have a variety of awards that are given to employees in recognition of exceptional service and commitment to UCSF's mission in such areas as public service, leadership, diversity and clinical care. Three such honors are special awards designed for Mount Zion: the Rose Award, which recognizes staff who exhibit exceptional service; the new Sudikow Award, which rewards those who demonstrate patient care quality improvement while demonstrating cost savings; and the Pearl Award, which recognizes outstanding service beyond expectations of the job. The Rose Award is given by Director Martin Diamond to employees who exemplify the mission statement and who are recommended by colleagues, patients or visitors for demonstrating exceptional service. Each year the awardees are recognized with an annual event, such as lunch aboard a yacht on the Bay, an activity underwritten by the Richard and Rhoda Goldman Fund. The Sudikow Award is underwritten by Mount Zion Health Systems Inc. Individual honorees are eligible to receive $2,000, or teams may receive a total of $12,000, depending on the number of team members. The Pearl Award is in honor of Milton and Helen Pearl and is given each year at the Founder's Day dinner.

There are also 15 awards to recognize exceptional nursing care, special safety awards and three Chancellor's Awards: for exceptional university service, public service and the advancement of women. The campuswide Martin Luther King Awards recognize extraordinary leadership and inspiration in furthering the goal of achieving ethnic and cultural diversity within the UCSF community. These awards are in addition to performance awards for Medical Center management and staff.

"We hope that everyone will take advantage of the many ways of recognizing employees who go the extra distance. We will be sending out a comprehensive packet of program information to directors and managers to make sure that everyone has the details to promote employee recognition," Schroffel says.

Acyclovir (from page 8)

women with HSV. More than 40 percent of newborns infected with HSV will die or suffer neurologic impairment, according to the UCSF analysis.

"A promising intervention strategy is to supress HSV outbreaks during the time of delivery by having women take the drug acyclovir," Washington says.

UCSF researchers reviewed and assessed published medical literature regarding the effectiveness and cost of different strategies to prevent vertical herpes transmission from pregnant women with a history of symptomatic genital herpes. Their analysis was then applied to a hypothetical population of 10,000 pregnant women with HSV.

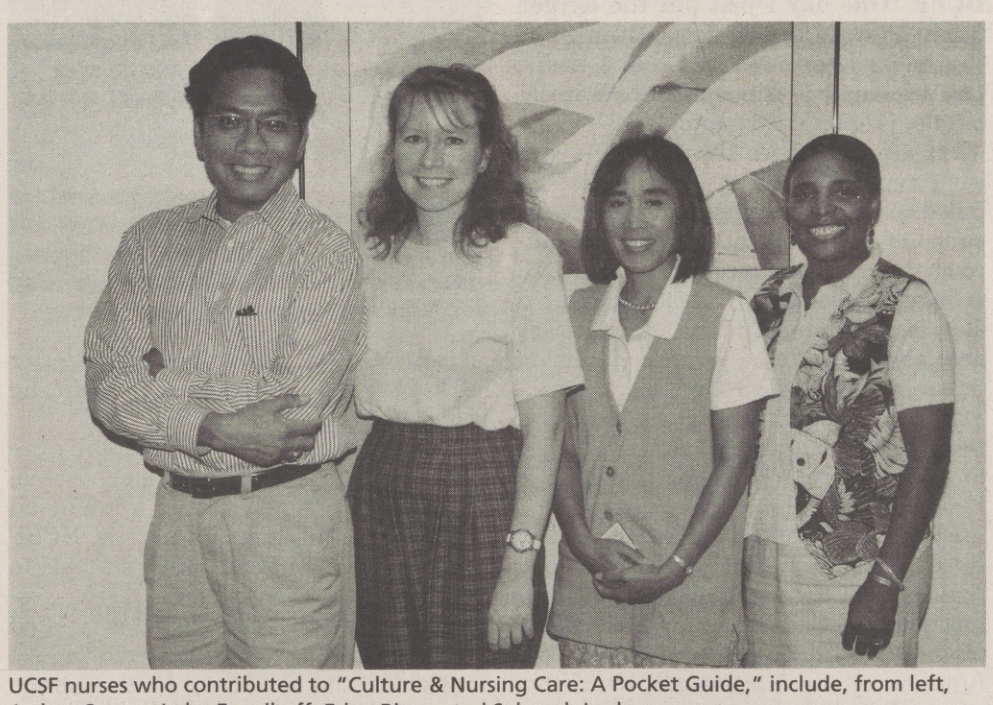
They found that acyclovir in late pregnancy prevents outbreaks of genital herpes in women with recurrent infection and would prevent more neonatal HSV infections and save money over the current strategy of no acyclovir and Cesarean delivery when genital lesions are present.

The UCSF researchers found that the current practice of performing a Cesarean prevents 2.8 cases of neonatal herpes and leads to 1,082 Cesareans for herpes for every 10,000 women with genital herpes lesions at delivery. The costs for this strategy are more than $4 million.

"Because most neonatal herpes is transmitted by mothers with no symptoms of infection, women with recurrent genital herpes who have protective antibodies may opt for no intervention," Washington says.

Ten to 40 percent of women in the US have antibodies to genital herpes, revealing an infection in their past. The rate of herpes transmission from these women to their newborns is less than one percent because of protective maternal antibodies, according to the study. In contrast, antibody-negative women with primary infections have transmission rates approaching 50 percent.

Culture (from page 8)



UCSF nurses who contributed to "Culture & Nursing Care: A Pocket Guide," include, from left, Arthur Cantos, Luba Evanikoff, Eden Rivera and Salamah Locks.

Prompted by the desire to create a quick reference guide of diverse people, the local chapter of Sigma Theta Tau developed a partnership with the UCSF Medical Center's department of nursing. The department's Cultural Diversity Enhancement Committee had already created "Beyond Boundaries," a manual that was distributed in 1992 to all acute and ambulatory care units at UCSF under the direction of Helen Ripple, then director of nursing.

The idea for the forerunner of "Beyond Boundaries" originated from Tereza De Paula's master's work on International/Cross-Cultural nursing at UCSF. A native of Brazil, De Paula says, "I think we are in trouble in this country with all the anti-immigration feelings and the stereotyping. I think people are forgetting where they came from.

"I hope that [the book] will help people understand how culture plays a role in patient behaviors," says De Paula, who co-authored the chapter on Mexican-Americans. "People need to understand that some of the reactions, desires and requests that patients make are related to culture."

Each chapter explores the same set of factors: cultural/ethnic identity, communication, activities of daily living, food practices, symptom management, birth and death rituals, family relationships, spiritual/religious orientation and health practices for all groups identified. The book says, for example, that every effort should be made not to remove medicine bags worn by American Indians. If removal is required, readers are advised to allow the patient or a family member to handle it. They are also advised to keep the medicine bag close to the patient, in view, and to replace it as soon as possible. "Do NOT casually move, examine or admire medicine bag," the book says.

And while the book offers more than 300 pages of useful tips, editors advise readers to use the handbook as a starting point for individualizing their nursing care and to learn from their own experiences. "We need to trust that our patients are the experts on their lives, culture and experiences, and if we ask with respect and genuine desire to learn from them, they will tell us how to care for them," wrote Lipson, who has taught cross-cultural nursing for 20 years at UCSF.

The book is available in the UCSF bookstore or it can be ordered by sending checks payable to the UC Regents for $26.56, which includes price of the book, sales tax plus shipping and handling. Send checks to Box 0608, UCSF School of Nursing.

UCSF
Medsounds

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INSIDE

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UCSF Women's Health named as "National Center of Excellence"

By REBECCA HIGBEE

Named as one of six National Centers of Excellence in Women's Health, UCSF will serve as a model for improving health care for women as it works to integrate clinical care, research programs, public education and training of health care professionals in San Francisco.

UCSF — the only Center on the West Coast — was awarded an 18-month contract by the US Department of Health and Human Services (DHHS). The contract will help UCSF to place greater emphasis on preventive care, set a research agenda for women's health issues and develop plans to recruit, retain and promote women in academic medical centers, among other things.

Milliken

"We are proud to have been named one of the six National Centers of Excellence in Women's Health," says principal investigator Nancy Milliken, UCSF associate clinical professor of obstetrics, gynecology and reproductive sciences. "With its rich diversity in other clinical and research programs, UCSF is uniquely positioned to provide leadership in promoting health and preventing disease in women."

Over the past few years, UCSF has developed several innovative clinical programs for women, including integrated practice models in primary and ob/gyn care at three locations in San Francisco, and specialty programs for women to manage urinary incontinence, breast health and HIV disease.

The $330,000 DHHS contract will allow UCSF programs to expand to include other health care areas and needs. "New collaborations will be fostered by the Center so that more women will be able to benefit from the unique clinical expertise available at UCSF," says Tracy Weitz, center administrator and clinical operations manager for the UCSF department of ob/gyn and reproductive sciences.

The contract will also be used to improve health care professional education on women's health issues through the implementation of new educational models.

"Long-term changes in health care for women will only result from paradigm shifts in the way in which women are treated," Milliken says. "This starts with changes in the way in which our providers are trained."

The Center will draw upon the strengths of the many UCSF research disciplines and develop a research agenda that focuses on gender differences in the causes, treatment and prevention of disease. Strategies will be developed to enhance the inclusion of women in clinical trials and other research activities.

The other five sites selected are: Allegheny University of Health Sciences, Philadelphia; Magee-Women's Hospital, Pittsburgh, Pa.; Ohio State University Medical Center, Columbus, Ohio; University of Pennsylvania, Philadelphia; and Yale University, New Haven, Conn.

Nurses share snapshots of human diversity in book

By LISA CISNEROS

With the goal of improving care to people of varying ethnic and racial origins, UCSF nurses collaborated on a book that shares snapshots of human diversity.

"Culture & Nursing Care: A Pocket Guide," has sold about 1,500 copies to health care professionals across the country since it was published by UCSF Nursing Press in July. Concisely edited by Julien Lipson and Suzanne Dibble, both professors in the UCSF School of Nursing, and Pamela Minarik, associate professor at Yale University School of Nursing, the book is based on the premise that the "view of the United States as a 'melting pot' has been replaced by the belief that by acknowledging our diversity, greater strength and richness can be created."

While geared to health care professionals, the guide, which includes historical background and maps of the world, makes fascinating reading for anyone interested in better understanding cultures, including their own.

"Our patient population is so diverse and our staff is getting more so. I think it's critical that our staff have a very deep appreciation for what's important to our patients," says Jane Hirsch, director of nursing. "This books helps us to think about people in a dfferent way so that we can be sensitive to patients and make them more comfortable."

Nurses from a variety of backgrounds share their insights, writing chapters on about 24 different racial/ethnic groups chosen for inclusion in the book based on size of population or an expressed need to learn more about certain people.

(See **Culture** on page 7)

Surgeon gives patient breathing room

By BRAD FOSS

Take a deep breath and hold it in. Now try to inhale again. For two million Americans suffering from emphysema, every breath is a struggle of that magnitude.

"My couch got to be my very best friend," says Michael Blair, a 53-year-old woman diagnosed with emphysema ten years ago.

Found most frequently in heavy smokers, emphysema develops slowly over a period of years and becomes disabling between the ages of 50 and 80, making breathing extremely difficult.

Blair didn't leave home without an oxygen supply strapped to her wheelchair until recently. In July, she became the second patient at the UCSF Medical Center to undergo bilateral pneumectomy, or lung volume reduction (LVR), a procedure that is gaining prominence among cardiac surgeons nationwide as an alternative to lung transplantation.

Recent diagnostic tests indicate Blair's oxygen intake, though still only 20 percent of a healthy person's, has doubled. Her remarkable turnaround is being hailed by doctors at UCSF as proof of lung volume reduction's efficacy.

"This could make life better for a large number of patients," says Fraser Keith, the surgeon who operated on Blair. Functionally, he says, LVR appears to produce results equal to transplantation.

With her improved respiratory system, Blair goes for walks, laughs with ease, and is beginning to resume chores around the home. The moment of truth came for Blair soon after her week-long stay at UCSF. "One day I just put the oxygen (tank) down so I could do something and two hours later I realized that I hadn't put it on again," she explained. "The difference is absolutely astounding."

First practiced in the 1950s — with some reported success — the procedure failed to gain widespread acceptance because of relatively little objective outcome data. But the recent revival of LVR is being watched closely, especially by the federal government, which is sponsoring studies to determine whether it should be covered by Medicare.

UCSF doctors, teaming up with doctors from Stanford, have already applied to participate in a National Institutes of Health study of the procedure.

During lung volume reduction, doctors renew the lung's elasticity by removing "balloons" of useless tissue in which air has been trapped. These air pockets displace healthy lung tissue and inhibit the function of the diaphragm, which becomes flattened. As much as 30 percent of the volume of each lung is typically removed during this procedure.

"Once you take this balloon out, the lung can expand into the top of the chest,"

Chris T. Anderson
Michael Blair

explains Jeffrey Golden, medical director of lung transplantation. For Blair, he adds, "It means she has a life back."

Lung transplantation is usually reserved for the worst cases of emphysema, in which damaged tissue is diffused throughout the lungs. Doctors at UCSF say lung volume reduction is suitable to treat less severe cases of the disease, especially when the emphysema is isolated near the top of the lung.

Golden and Keith say LVR's average cost of $25,000 may prove to be a bargain. It obviates the need for drug therapy, rehabilitation, an oxygen supply, and hospitalization for patients who otherwise would have no operation.

Acyclovir prevents more neonatal herpes infections than C-sections

By REBECCA HIGBEE

A common antiviral drug taken during the last month of pregnancy is more cost-effective and prevents more neonatal infections than Cesarean delivery for women with genital herpes, according to a UCSF analysis published in the October issue of the journal Obstetrics and Gynecology.

Standard practice in the US dictates performing Cesarean delivery on pregnant women with recurrent herpes to reduce the risk of transmission of the virus to newborns. But 20 to 30 percent of all infants born with herpes simplex virus (HSV) are delivered via Cesarean, according to the UCSF analysis, which raises questions about the effectiveness of this practice.

"There is currently insufficient evidence to support the practice of performing Cesareans on mothers who show visible signs of HSV in an attempt to reduce transmission rates to their newborns," says senior author A. Eugene Washington, professor and chair of the UCSF Department of Obstetrics, Gynecology and Reproductive Sciences.

Acyclovir is prescribed to treat HSV, and is commonly taken by pregnant

(See **Acyclovir** on page 7)

Peter Casas earns kudos for contracting work

Casas

Peter Casas is a nice guy and a shrewd dealmaker, qualities that work tremendously well for the UCSF Medical Center's Strategic Development office as he negotiates dozens of contracts with insurers, health maintenance organizations, and preferred payer organizations.

"Peter has a style that leaves all parties feeling good about the deal," says Reece Fawley, director of managed care. "We're extremely fortunate to have him on our side of the negotiating table."

Casas, manager of contracting, is the latest honoree of the Medical Center's employee recognition program.

Prior to his employment at UCSF, Casas worked for more than eight years developing contracts for large health insurers. Maintaining good human relationships with payers, HMOs and PPOs is integral to the long-term success of any contract.

"What I try to do is make them feel like they won, while satisfying our needs." That means keeping the interests of physicians, patients and the Medical Center in mind at all times.

UCSF was no stranger to Casas when he was hired one year ago. In an interesting twist of fate, Casas now renegotiates contracts he established under one of his former employers. "Some of the deals I live with now are my own fault," he jokes.

T.H.A.N.K.S!
"To Honor, Acknowledge, and Note Kindness and Service"

Cards with the logo of T.H.A.N.K.S! will be distributed throughout the Medical Center during the week of Nov. 18 so that employees may recommend others for recognition.